

11 km ALLERØDRUTEN Longest FREDERIKSSUNDRUTEN FARUMRUTEN VÆRLØSERUTEN CB2 RING 4-RUTEN Shortest 6,4 km ALBERTSLUNDRUTEN

AVERAGE TRIP LENGTH

12 km



15 km



*Average length of commute for persons in employment in the Capital Region



"When you've passed 40, you have to do something to keep yourself in shape, and then it is really practical and time-efficient, when you live a suburban life with children.

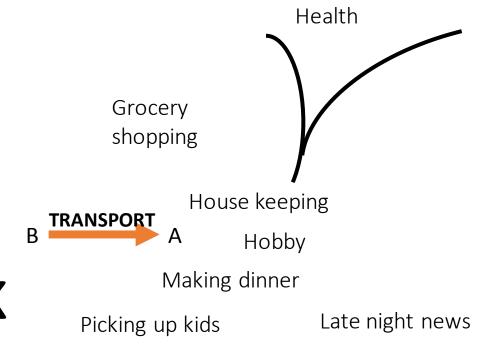
I don't know when I would have the time to work out on a weekday night, but I can spend an hour working out on my way to and from work. It's approximately the same amount of time as taking the bus and train or being stuck on the highway."

- Carsten





11_{km}



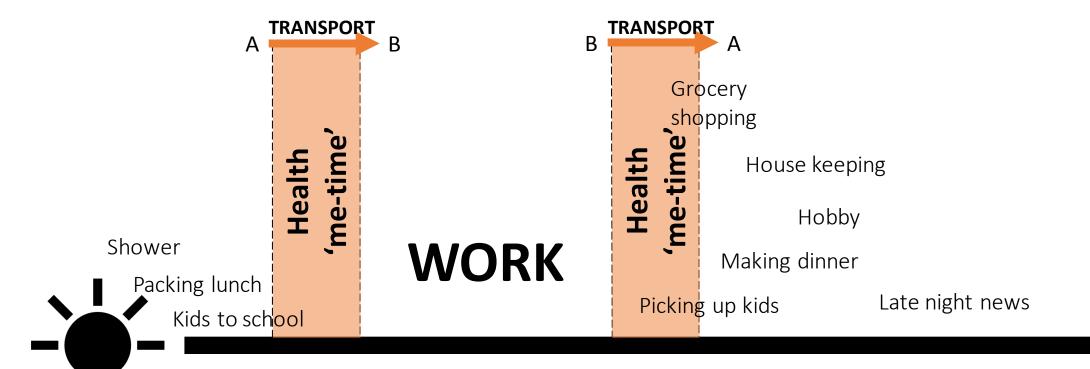


Shower

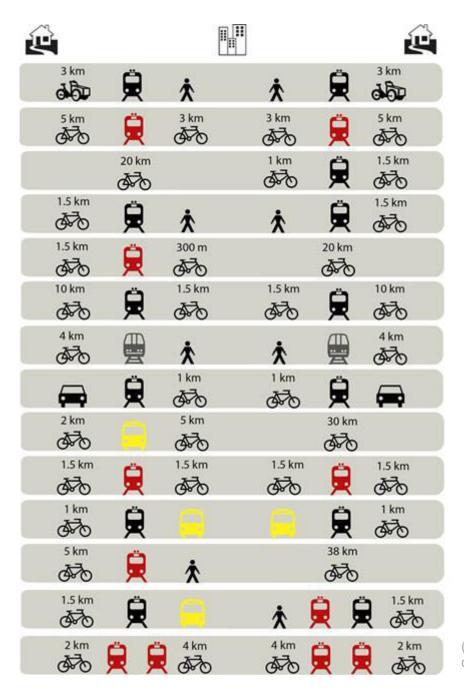
Packing lunch
Kids to school

WORK

11_{km}









(Eriksen et al., 2018, AAU, Bike-train commuting for a sustainable transition)

Two different travel patterns

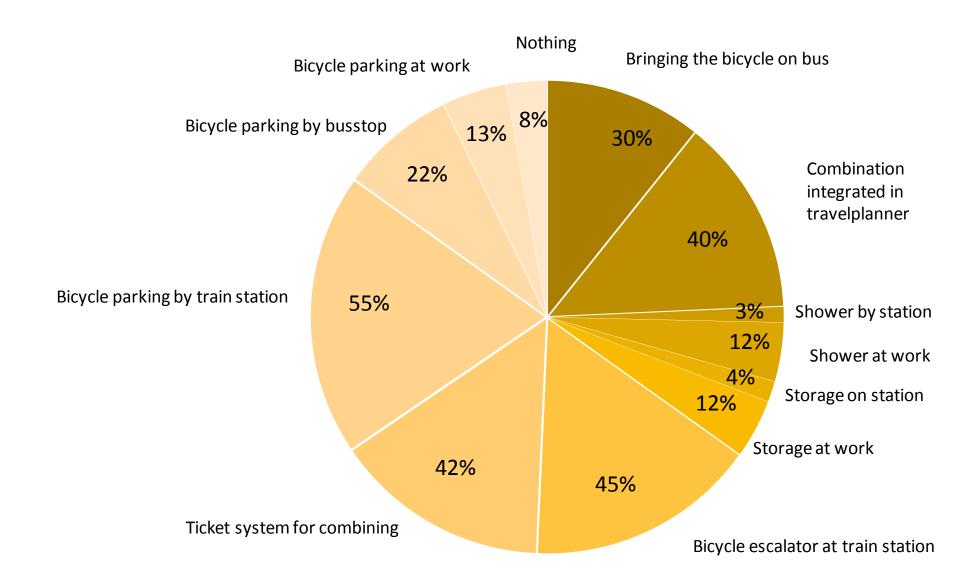


Two commuter types (><7,5 km)Restitution/ Fresh air and nature relaxation Time prodcutive Exercise Time saving · Flexibility Relaxation · Flexibility Relaxation MEANINGS MEANINGS Safe bicycle parking LONG DISTANCE at work SHORT DISTANCE **BICYCLISTS** . Ability to maneuver EXCES Bicycle
compartment
on train
• Elevators/ramps at stations Bicycle BICYCLISTS Bicycle Rain protected Public transport compartment bag on train

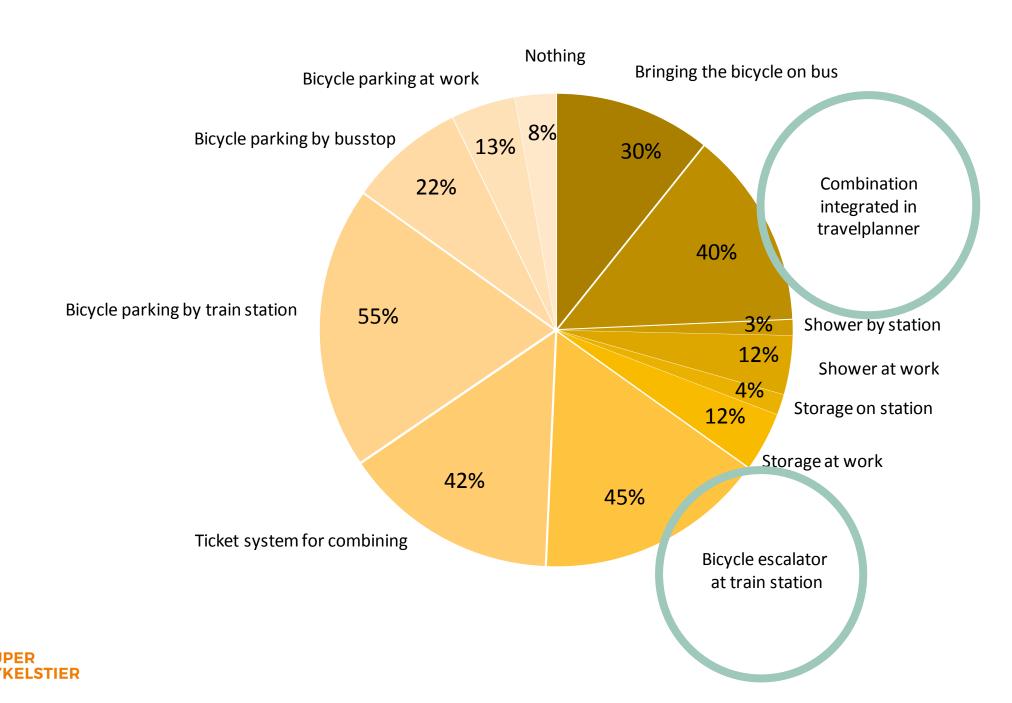
• Elevators/ramps at stations Ability to maneuver expert the bike · Reading materials: Bicycle parking Remembering · Reading materials: Remembering Cycling clothes Physical fit computer, smartphone at stations timetables timetables computer, smartphone or book. or book. Weather APP Checking delays Station bikes Navigation **Shower facilities** Bicycle chain Planning: wind conditions Racing/citybike Knowledge of the lock grocery shopping, kids fastest exit at stations Bicycle repair High quality maintenance green routes High quality fast routes



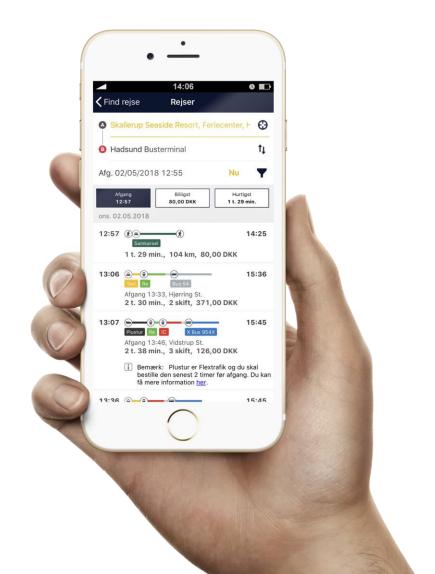






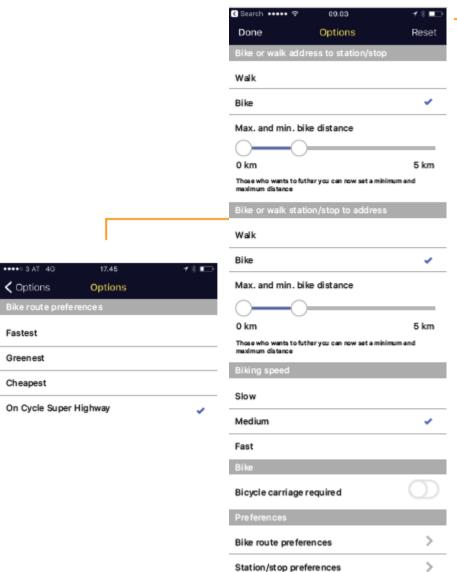


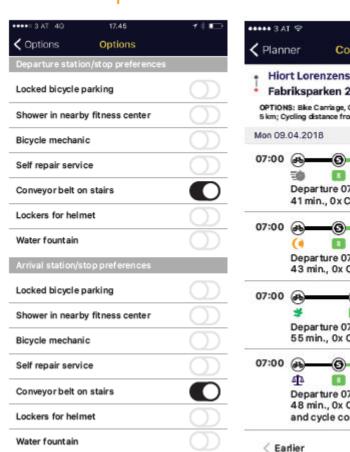
The digital solution: The travelplanner

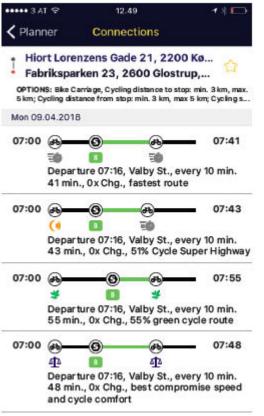












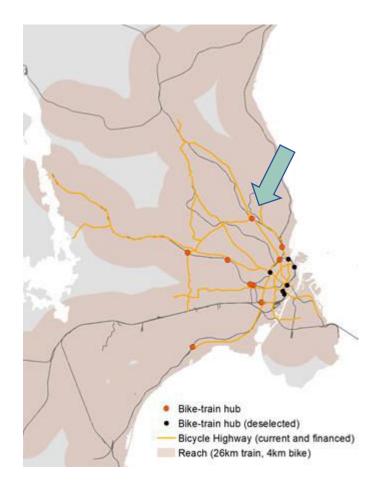
Later >





The physical solution:

Bicycle escalator on hub station





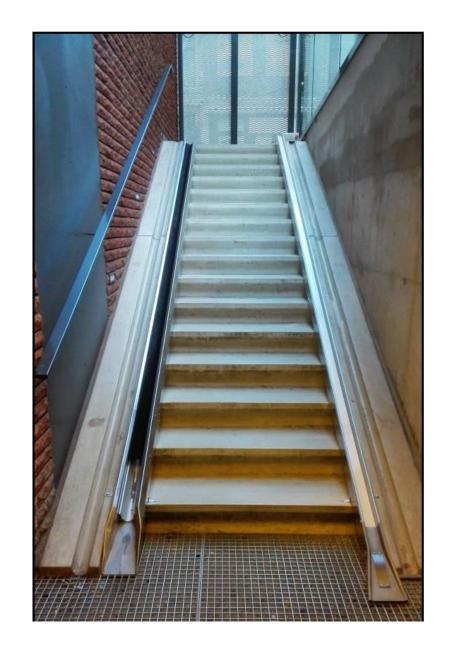




The physical solution: Bicycle escalator on hub station

Up: Conveyor belt

Down: Brush belt





Bicycle escalator on hub station

330 passangers with a bicycle in morning rush hour

- Conveyor belt used more, lift used less
- The heavier the bike, the more the conveyor is used
- Overall time saving





